

# North Carolina Harvest of the Month

## STEPS TO HEALTH

The North Carolina Harvest of the Month featured fruit is



### Health and Learning Success Go Hand-in-Hand

Getting children to try new foods can be hard. It is normal to offer a new food many times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use *Harvest of the Month* tips and recipes to encourage trying new foods and to find new family favorites.

### BE AN ACTIVE FAMILY!

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity.

Try doing something active after dinner or begin the weekend with a Saturday morning walk.



### Healthy Serving Ideas

- Add berries to your cereal for added fiber and flavor.
- Mash berries to make your own jam.
- Top pancakes with fresh blueberries.
- Stir your favorite berries into lowfat yogurt for a tasty snack.
- Toss blueberries into a salad.
- Keep a bag of mixed berries in the freezer for smoothies.



### Honey Gingered Fruit Salad

Makes 6 servings.

1 cup per serving.

Prep time: 30 minutes

#### Ingredients:

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

#### Honey Ginger Sauce:

- 1/3 cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey\*
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger

#### Directions:

1. In a large bowl, combine fruit
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

\*Do not give honey to children under the age of one.

#### Nutrition information per serving:

Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

Recipe courtesy of BOND of Color.

### How to Freeze Blueberries

Freezing blueberries is easy! By freezing blueberries when they are in season, you can have a healthy and fun treat all year. Take your fresh, sorted blueberries and pack them in an air-tight containers and store in the back of the freezer. Don't wash before freezing, wash before using. Blueberries don't have to be thawed before cooking or eating them!

[northcarolinablueberries.com](http://northcarolinablueberries.com)

### Home Grown Facts

- Blueberries are native to the US. Native Americans first called blueberries "star berries" because the blossom end forms a perfect five-pointed star.
- The U.S. is the world's largest blueberry producer. NC is one of the top growers of blueberries. Blueberries are the official blue berry of NC. The NC harvest season typically runs from June through August. Blueberries grow on a bush up to 12 feet high.



Attend a Blueberry Festival! During peak season, North Carolina is host to local blueberry festivals. June is North Carolina's blueberry month.

Local farms often have "pick-your-own" berry patches. Have fun and be active by selecting and picking your own fresh fruit.

[Blueberrycouncil.org](http://Blueberrycouncil.org)  
[www.ces.ncsu.edu](http://www.ces.ncsu.edu)

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### Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of a healthy, balanced diet.
- Fruits and vegetables are sources of fiber. Fiber helps you feel full, helps keep your blood sugar levels normal, and helps to avoid constipation.
- Fruits and vegetables like blueberries are also a source of vitamin C. Vitamin C helps the body heal cuts and wounds and lower the risk of infection.
- Berries are rich in phytochemicals, which come from plants and may help you stay healthy.
- A good tip to follow is to make half your plate fruits and vegetables to reach your daily needs!

To learn about the other food groups, visit

### How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart at right to find out how many cups of fruits and vegetables you and your family need every day.

### Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5–12	Teens and Adults, Ages 13 and up
Males	2½–5 cups per day	4½–6½ cups per day
Females	2½–5 cups per day	3½–5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

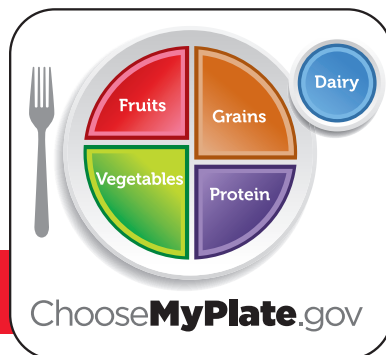
### How Much Do I Need?

- A half cup of blueberries is about one cupped handful.
- A half cup of blueberries is a good source\* of vitamin C and contains fiber.

\*Good sources provide 10–19% Daily Value

#### Nutrition Facts

Serving Size: ½ cup blueberries (74g)	
Calories 42	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%



### Produce Tips

- Choose fresh blueberries that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Wash berries just before serving.
- Shop for fresh berries in season to get the best value. Or buy frozen berries year-round at the grocery store.

### Frozen Blueberries

Frozen blueberries can be thawed in cold water.

- To thaw in cold water, pour the desired amount into a bowl. Cover the blueberries with cold water. One cup of blueberries will thaw in about 5 minutes.

### More Blueberries Each Day

- Blend frozen berries with sliced bananas, lowfat milk, and 100% orange juice for a refreshing **smoothie**.
- Make healthy banana **splits** for dessert! Top a peeled banana with lowfat vanilla yogurt. Sprinkle with lowfat granola and berries.
- Add blueberries to **oatmeal**, lowfat yogurt, or cereal.

### ACTIVE ADULTS

Be active your way. There are endless ways to be active—walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.